

Spanish Rice w Hamburger300

Number of Servings: 300 (480 g per serving)

Amount	Measure	Ingredient
8 1/2	gal	Water, tap, municipal
9 1/2	Tbs	Salt, table, iodized
3 3/4	gal	Rice, brown, med grain, ckd
60.00	lb	Beef, ground, hamburger, pan browned, 10% fat
7 1/2	gal	Tomatoes, puree, cnd
5.00	gal	Onion, white, fresh, chpd
5.00	gal	Peppers, bell, green, sweet, fresh, chpd

Nutrients per serving

Nutrition Facts			
Serving Size (480g)			
Servings Per Container			
Amount Per Serving			
Calories 340		Calories from Fat 80	
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	310mg		13%
Total Carbohydrate	42g		14%
Dietary Fiber	4g		16%
Sugars	4g		
Protein 23g			
Vitamin A 20%		Vitamin C 80%	
Calcium 4%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Must use TOMATO PUREE for accuracy in analysis.

Carefully measure salt and add to water which has been brought to a boil. Add brown rice, stir and slowly simmer, covered, until tender - approximately 45 minutes.

Chop onions and green pepper. Brown hamburger and onions together. Add tomato puree and green pepper (if participants do not care for green peppers then frozen green peas can be substituted for the green peppers). Mix with cooked rice and put in foil covered steam table pan(s). Bake at 300 degrees for 1 hour.

1 serving = 3 CS. 1 serving = 1 1/3 cup.

1 serving = protein, vegetable and whole grains

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